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Case Study

AYURVEDIC MANAGEMENT OF *ARTAVA KSHAYA*

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ABSTRACT

Gynecological problems are rising quickly in today's fast-paced and competitive world due to sedentary lifestyles, poor eating habits etc. The menstrual cycle is significantly impacted by changes in both physical and mental health. Menstrual disorders are becoming more common in gynecological practices, which is a sign of infertility and other issues. One prevalent menstruation disorder is *Artava kshaya* (oligomenorrhoea). As, *Artava* is *Updhatu* of *Rasa dhatu* and modification in *Ahara* leads to *Dushti* of *Rasa* lead to *Artava dushti* leading to *Artava kshaya.* **Case Report:** A female patient of 20 years of age came to OPD of SDACH, Chandigarh, on 25th November 2023 with chief complaint of delayed menstruation with scanty flow since 6 months. **Methodology:** Detailed history with all necessary clinical, physical examination and laboratory investigations were carried out. No gross physical and chemical abnormality was found. All the laboratory investigations (including USG and hormonal analysis) were found to be normal. So, the treatment was planned according to the symptoms. Diagnosis was made on the of presenting complaints which was *Artava kshaya* (oligomenorrhoea). Patient was treated with *Nasthapushpanthak Rasa* and *Krishana Tila Kwath* along with diet and lifestyle modification for 3 consecutive cycles. Patient was kept on follow up for 3 cycles after cessation of all medications**. Result:** Patient had got her menstruation regularly with normal duration while taking medicine. Also, the amount of flow was also improved and intensity of pain was reduced effectively from moderate to mild. Even after cessation of medicine she got her menstruation in 32 days with normal amount of flow.

INTRODUCTION

There is no doubt that woman is the ultimate source of human offspring. The female menstrual cycle entails significant hormonal fluctuations on a monthly basis, impacting a woman's emotional and physical well-being. This is particularly relevant given that human existence is perpetually shaped by rhythmic phenomena. The majority of menstrual disorders are classified in our classical texts as *Ashta Artava Dushti, Asrigdara*, and *Artavakshaya.*

Artava kshaya is not characterized as a disease. Additionally, it can indicate the presence of certain diseases.

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Acharya Susrutha explains *Artava kshaya lakshana*[1] under *Dosha dhatu mala kshaya vriddhi vignanam*. Its signs and symptoms allow for some comparison with modern science's "hypomenorrhoea[2]" and "oligomenorrhoea[3]."

Case Report

On 25th November 2023, a 20-year-old unmarried female student presented at the outpatient department of Prasuti Tantra and Stree Roga, at SDACH, with complaints of delayed menstruation and scanty menstrual flow over the past six months. On the first day of menstruation, there is scanty P/V bleeding, and on the second day, there is spotting. Additionally, lower abdominal pain occurs on the first day of menstruation, which has been spasmodic for the past two months.

Past history: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

Family history: No history of similar problem in any of the family members.

Personal History

- Diet – Mixed - Increased desire for bakery items, more sour and spicy food, noodles, chicken
- Appetite- Good
- Bowel- Once/day
- Micturition - 4-5 times/day
- Sleep – Sound
- Addiction– Smoking (2-3 times/week) (3-4 months)

Menstrual & Obstetric history

- Age of Menarche- 12 years of age
- LMP- 15/10/2023
- P LMP – 30/06/2023, 25/08/2023
- Interval - Irregular (50- 55 days)
- Duration of bleeding – 2 days
- Flow - Scanty (1 pad/day)
- Pain - Moderate (on 1st day)
- Color - Reddish brown
- Clots - Absent
- *Gandh* - Absent

Ashtasthana Pareeksha

- *Nadi - Vaat kaphaj*
- *Mootra - Peeta mutrata*
- *Mala - samanya*
- *Jihwa- Alipta*
- *Shabda - Spasht*
- *Sparsha - Anushna sheeta*
- *Druk - Samanya*
- *Aakruti – Sthoola*

Dashavidhapareeksha

- *Prakruti – Vata-Kapha*
- *Vikruti - Kapha vataja (Alpa bala)*
- *Sara – Medosara*
- *Samhanana - Alpa*
- *Pramana -Sthoola*
- *Satmya – Sarvarasa Satmya*
- *Satva - Madhyama*
- *Aahara Shakti- Abhyavaharana Shakti - Madhyama*
- *Jarana Shakti - Madhyama*
- *Vyayama Shakti – Avara*
- *Vaya – Yuva avastha*

General Examination

- Built - Moderate
- Nourishment- Moderate
- Temperature–98.6°F
- Respiratory rate-22/min
- Pulse rate–78 bpm
- B.P- 110/70mm of hg
- Height- 150cm
- Weight- 68 Kg
- Tongue: Uncoated

Systemic Examination

- CVS: S1 S2 Normal
- CNS: Well-oriented, conscious
- RS: Normal vesicular breathing, no added sounds.
- P/A: Soft, non-tender

Investigations

- Routine investigations with baseline hormonal assessment were done on 2nd day of cycle and were found to be normal as follows: (done on 11/12/2023)
- Hb: 10.6 gm/dl
- ESR: 11mm/hour
- TSH: 2.17 µIU/ml
- RBS: 115 mg/dl
- FSH: 4.18 mIU/ml
- LH: 11.44 mIU/ml
- S. Prolactin: 13.37 µIU/ml
- S. Testosterone- 0.09ng/ml
- Mantoux test – Negative
- DHEAS- 215.7ug/dl
- LFT & RFT – With in normal limits

USG TAS S/O done on – 14/12/2023

- Uterus is anteverted, normal in size, outline and echotexture, no focal lesions seen.
- Myometrium appears normal
- Both ovaries are normal in shape, size and echotexture.
- ET- 5 mm

Intervention

- To follow the diet and lifestyles modification as advised along with medication.
- *Nashtapushpantaka rasa* 1 BD after food (1 tab = 250mg).
- *Krishna Tila Kwatha* 50ml BD with *Guda* on empty stomach– (50gm *Tila*– 400ml water reduced to 100ml).

Diet and Lifestyle Advised

	Do's (*Pathya*)	**Don'ts (*Apathya*)**
Ahara	*Laghu ahara* like *Shali* rice *Ushna ahara* like fish and meat *Pitta vardhaka* food like *Kulatha dal*, curd etc. Barley foods (e.g. sattu, chapatti, Daliya etc.) Green and Leafy vegetables (Moringa, Spinach, *parvala*, *Ghyia etc)* Fruits like grapes, banana, pomegranate, oranges etc.	*Jimikand,* potato Excessive use of sweets and sugar, deeply fried items (French fries, spring roll etc.) Bakery items, noodles, momos other food containing soya sauce and ajinomoto Beverages like soft drinks, hard drinks and other packed juices
Vihara	Walking for at least 40-45 minutes *Yogasana - Surya namaskara* Outdoor activity for atleast 40 Mins	*Ratri jagrana*, Excess sleep or insufficient sleep patterns Excessive exposure to heat Suppression of natural urges Excess fasting, grief and anger etc. Sedentary lifestyle

OBSERVATION AND RESULT

Signs and symptoms	**Before treatment 25/03/2024**	**Completion of 1st menstrual cycle after treatment 10/12/2023**	**Completion of 2nd menstrual cycle after treatment 20/01/2024**	**Completion of 3rd menstrual cycle after treatment 22/02/2024**
Interval between two cycles	50 – 55 days L.M.P–15/03/2024	50 – 55 days L.M.P – 10/12/2023	41 days L.M.P – 20/1/2024	34days L.M.P – 22/2/2024
Duration of bleeding	1-2 days	2-3 days	3-4 days	3-4 days
No. of pad used per day	1pad / day	2pad / day	2-3pad / day	2-3pad / day
Abdominal pain	lower abdomen pain on 1st day	Lower abdomen pain on 1st and 2nd day	lower abdomen pain on 1st day	lower abdomen pain on 1st day
Diet	Advised as mention	followed	followed	followed
Yoga	*Surya Namaskar* Walk – 40-45 mins	followed	followed	followed
Weight Reduction	68 kg	67 kg	65 kg	63 kg

DISCUSSION

Artavakshaya arises from the imbalance of *Vata* and *Kapha doshas*. Under this condition, the *Yathochithakale Artavaadarshana, Alpata, Yonivedana*, as well as irregular and scanty menstrual flow will manifest due to *Srotoavarodha*. Under such circumstances, and particularly with the aid of *Pittavardhaka (Agneya) Dravyas*, *Artavavaha Srotas shodhana* eliminates *Srotoavarodha* and restores the regular menstrual flow. *Nashtapushpantaka rasa*[4] and *Krishna Tila Kwatha*[5] chosen to assess their effectiveness in the treatment of *Artavakshaya*.

Nashtapushpantaka rasa is an herbo-mineral drug containing ingredients such as *Daruharidra, Kuṣṭa, Bruhati, Rasna, Danti, Kakamachi, Kapikacchu, Talisapatra, Vetasa, Tamra, Ṭankaṇa, Loha, Vanga,* and *Abhraka bhasma*. It has *Uṣhṇa virya* and *kapha-vata shamaka* properties that aid in the for *samprapti vighatana* of *Artava kṣhaya*. Substances such as *Kakamachi, Talisapatra, Vetasa, Vamshalochana, Danti, Kustha,* and *Bruhati* function as *Agni deepaka* and contribute to the enhancement of *Agni*. This improvement subsequently benefits *Rasadhatu* and aids in the increase of *Artava quantity*. Substances such as *Tamra, Tankana, Rajata, Loha, Vanga, Abhraka,*

Kustha, Vamshalochana, Madhuka, and *Kapikacchu* possess *Artavajanana karma.*

Rajata[6] and *Tamra*[7] possess *Lekhana* properties that act to clear *Avarana* and reduce the *Picchila* and *Kleda guna* of *Kapha*, which are the primary components of *Samprapti*. All drugs possess *Ushna virya* and *Agneyatwa* properties, which clear the *Sroto avarodha* and enhance blood circulation in the *Yoni* and *Garbhasaya*, leading to the formation of a healthy endometrium. The uterus receives adequate nourishment and improves due to enhanced circulation, leading to the regularization of menstrual cycles, an increase in *Artava* quantity, and a lengthening of bleeding duration.

Krishna Tila contains *Madhura rasa, Guru, Snigdha Guna, Ushna virya* and *Madhura vipaka*. Additionally, it possesses *Snehana, Vedanasthapuna, Sandhaniya*, and *Artavajanana* properties. *Krishna tila*, which has *Madhura rasa* and *Vipaka*, nourishes and strengthens the *Rasa dhatu* and *Mamsa dhatu*. It boosts secretions and reduces degeneration of the endometrium. *Madhura rasa* is rich in carbohydrates and has a lower protein content, while protein is a crucial component of the endometrium. The *Balya* and *Rasayana karma* of *Krishna tila* enhance the *Rasa dhatu*, which is directly linked to *'Artava utpatti'*. It eliminates the *Srotorodha* and enhances the secretion of endometrial glands (improvement of proliferative stage) due to its *Ushna veerya.*

CONCLUSION

In our classical texts, *Artavakshaya* is not explicitly defined as a disease; rather, it is systematically described under *Upadhatu kshaya* and identified as a symptom of *Artava vikaras* in various works. Ayurvedic classical texts refer to treatment aimed at maintaining equilibrium among the *Doṣhas. Samsodhana* and *Samshamana* (using *Agneya dravyas*) can accomplish this. For this study, the *Shamana* line of treatment was chosen due to its readily available medicines, palatable options, and cost-effectiveness. *Nashtapushpantaka rasa* and *Krishna Tila Kwatha* proved to be highly effective. Conditioning the problem through early diagnosis and prompt treatment can avert complications such as infertility.

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